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WORST DRIVER'
SEEKS TO REHAB
HIS REPUTATION**
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OTTAWA

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Wednesday, October
19, 2011
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A momentary lapse?

► Crown and defence finished arguing in trial of driver who crashed into five cyclists ► Judge to instruct jury today

JESSICA SMITH/METRO



► Sommit Luangpakham outside the Ottawa Courthouse yesterday.

No one disputes Sommit Luangpakham drove his van into five cyclists riding single-file on a bike lane along March Road on the clear morning of July 19, 2009.

Today, a jury will begin to deliberate on two versions of how it happened.

Luangpakham, 47, is charged with five counts of dangerous driving causing bodily harm and fleeing the scene of an accident causing bodily harm.

He testified he fell briefly asleep at the wheel, noticed he hit something — which he thought was a small post — and then carried on home.

All five cyclists were injured in the crash, including one woman who suffered a cracked pelvis and another rider who was taken to hospital with a brain injury.

Luangpakham's lawyer, Richard Addelman, said in his closing argument yesterday Luangpakham's driving was not dangerous until the "momentary lapse."

He said it wasn't a typical case of dangerous driving, like that of "some maniac on the Queensway in rush hour, weaving in and out of traffic causing an accident," but that Luang-

pakham was driving normally until he fell asleep after staying up all night at a party.

Addelman said Luangpakham can't be convicted of failing to stop after an accident causing bodily harm because he didn't know he had hurt anyone.

Crown lawyer Matthew Humphreys told the jurors that evidence — including the carnage of the crash — shows that Luangpakham's account "just doesn't make sense."

Humphreys pointed to crash-scene evidence presented in court by police, paramedics and a police crash-reconstruction expert.

The expert found two bikes were dragged under the van and the cyclists' bodies were thrown into the air.

One woman's "body landed right in front of his face with enough force to shatter the windshield," said Humphreys.

Luangpakham is not charged with impaired driving, but the Crown argues he did not turn himself in until about four hours after the crash because he was waiting to sober up — because officers smelled "stale beer" on his breath and there was a beer bottle cap in the pockets of his jeans.

Humphreys said that contradicts Luangpakham's testimony that he had not been drinking and that he only realized he had hit someone when he saw hair on the front of his van later at home.

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'Bullying happens,' school board says

The Ottawa-Carleton District School Board released a statement yesterday saying it has tried to make its schools more tolerant and accepting.

"We have made tremendous progress in our schools in reducing discrimination and creating a culture of acceptance," wrote the board's education director, Jennifer Adams.

"We are more aware, more welcoming, more culturally proficient, and more willing to speak about the 'unspokens,' However, there is more work to be done.

"The truth is that bullying happens — it happens in schools, it happens in workplaces and it happens in homes."

Egale Canada, a national gay and lesbian advocacy group, said schools need to get better at putting a stop to homophobic language and taunting in the hallways.

"There are a lot of TV shows now that focus on being gay," said Helen Kennedy, the group's executive director.

"And I think that in many respects, our teens are feeling comfortable to come out at an earlier age because of some of the images that are being displayed on TV. But that can also have a negative effect. Because they're coming out earlier and they're setting themselves up to be targets."

THE CANADIAN PRESS



Cyclists bid farewell to spirit 'like the sun'

► Memorial ride to send message to city that cyclists are part of traffic



JOE LOFARO
@METRONEWS.CA

The chiming of bike bells filled Queen Street as hundreds of cyclists took over the busy road to remember a fellow rider killed there last Tuesday.

Danielle Naçu, 33, was doored by a driver exiting a parked car and was thrown into the path of a second vehicle.

Naçu's brother Brent was overwhelmed by the

support.

"If it wasn't really for the openness of everyone who's helped us, her co-workers and her friends and strangers, we would never have gotten through this," he said, standing next to his mother Lynn Kelly.

Many donned bright yellow jackets or vests as a symbol of Danielle's spirit, which her brother described as "like the sun."

"The first thing that came to mind was a smile and the sunshine she

brought to every single person's life," he said.

Samantha McGavin organized the ride.

"The day that the announcement came out, so many cyclists were completely shocked and aggrieved and outraged by the accident," said McGavin. "I felt that we really needed a way to grieve together, but also to send a message to the city that cyclists are traffic too."

Many of Danielle's colleagues at Citizenship and

Immigration Canada were emotional in seeing the outpouring of support, including Caroline Henry.

"It personally warms my heart," said Henry. "Seeing the impact it had this morning says to us that it touches a lot of people and that's a comfort to us."

Brent thanked everyone for coming out and said next year he would like to see at least 1,000 people on their bikes to repeat the same bike ride in honour of his sister.

1

news


An experimental malaria vaccine makes an encouraging showing in clinical research. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Rugby star Adam Kleeberger's famous beard is sent to a better place for a good cause. Video at metronews.ca

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Canada's worst driver has new goal in mind

▶ Lance Morin, Gilles Proulx take to airwaves with show of world-record attempts, humour, gross-outs and the occasional broken limb



JOE LOFARO
@METRONEWS.CA

After being declared Canada's worst driver on The Discovery Channel last year, Ottawa-based Lance Morin says he is trying to redeem himself in a new reality show and prove to everyone that he's not a "national failure."

Morin and longtime best friend Gilles Proulx are starring in a series called Lance and Gilles vs. The World on Rogers Television.

In each episode, filmed in various spots in Ottawa,

the guys attempt to beat a world record by completing a variety of over-the-top challenges.

The emotional breakdown Morin had on Canada's Worst Driver in one episode deeply troubled him, and he slipped into a bit of depression because of it, Proulx said.

"It didn't feel great. It tore at my ego," said Morin.

"I'm just happy to have this new show and come out of the gates and show the public what I have."

In the first episode, which aired last Friday, Morin and Proulx attempt to eat more than 170 grams

"I don't want to lose these challenges anymore. It makes me feel like a loser."

LANCE MORIN

of pasta in 90 seconds.

"I failed and I choked. We both failed," said Morin.

"I don't want to lose these challenges anymore. It makes me feel like a loser and that's not something that I want to be."

Another record they attempt to beat is to eat the most live crickets in one

minute.

Each episode highlights a different spot in Ottawa. The pasta-eating episode, for example, was filmed at The Grand restaurant in the ByWard Market.

Aside from showcasing his hometown, Morin ultimately wants to overcome a bad experience on reality television by doing it all over again.

"That's what I hope down the road comes out of this, is that I'm going to be a winner."

The show airs Fridays at 10:30 p.m. on Rogers 22 and repeat broadcasts air on Saturday at 10:30 p.m.



▶ Longtime friends Lance Morin, left, and Gilles Proulx star in a new reality series, filmed in Ottawa, in which they attempt to break world records.

'This was a failure,' official says of infection control



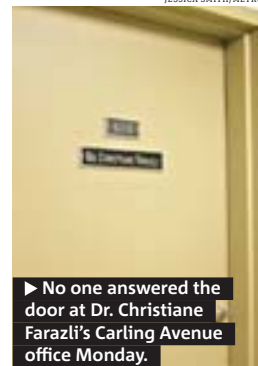
JESSICA SMITH
@METRONEWS.CA

The failed inspection of Dr. Christiane Farazli's Carling Avenue clinic triggered a first-of-its-kind public warning, according to the College of Physicians and Surgeons of Ontario.

"It's the first time we've felt that we've needed to contact public-health officials in relation to an inspection," said Kathryn Clarke, commu-

nications co-ordinator for the college.

The problems with endoscopic-equipment-cleaning procedures were uncovered in the course of the college's ongoing inspection of 276 private clinics in the province, a process slated to take two years. As a result, some 6,800 former patients are being warned this week by registered mail that they have a very small risk of having been ex-



▶ No one answered the door at Dr. Christiane Farazli's Carling Avenue office Monday.

posed to hepatitis B or C and a minuscule risk of exposure to HIV.

"This was a failure, and because it related to infection-control procedures not being followed, there's a low but actual risk to patients that an infectious disease could be passed on," she said. "The public has a right to know."

The college first got the authority from the province to routinely in-

spect private clinics in 2010 after a couple of years of lobbying for it, said Clarke.

The college was initially concerned about private cosmetic surgeries and procedures, and later decided to also ask for the power to inspect clinics, such as Farazli's, that do other out-of-hospital procedures.

Under the new rules the college will, every five years, inspect any clinic

that performs surgeries or procedures using sedation, general anesthesia or most types of regional anesthesia.

When the legislation passed last spring, the college was given 24 months to inspect all such clinics in Ontario and any new ones that open.



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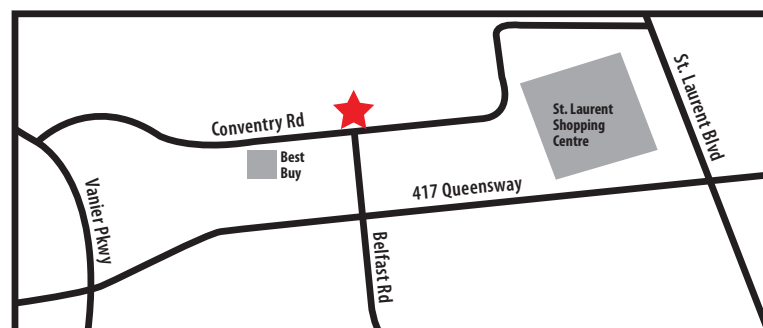
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Crime bill sparks war of words

► Conservatives say their bill is effective and affordable, at a cost of \$78.5M over five years

Experts are warning the federal government that its massive crime bill will do more harm than good, costing taxpayers dearly for a punitive system that will only serve to make the streets more dangerous.

But Conservative MPs are questioning the credibility of those experts, suggesting they are advocating for criminals.

The measures aim to toughen penalties for drug traffickers, child-sex crimes and violent young

Massive package

► The omnibus bill merges nine previous pieces of legislation, and adds new elements, tying them into a massive package that critics say is an "incoherent" attempt to crack down on dangerous criminals.

offenders. The bill would also make pardons more difficult to obtain.

THE CANADIAN PRESS

Prisoners. Freed



► Palestinian youth celebrate the release of prisoners at the Rafah border crossing in southern Gaza Strip yesterday. More than 1,000 Palestinian prisoners were released in exchange for captive Israeli soldier Gilad Shalit, seen after his release in inset.

EYAD BABA/THE ASSOCIATED PRESS



ISRAELI DEFENCE FORCE/THE ASSOCIATED PRESS

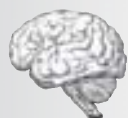
Israeli, Palestinians return home

Israeli officials said Gilad Shalit showed signs of malnutrition as he emerged from more than five years of captivity, and his father said he needed time to recover from psychological and physical wounds. Palestinians celebrated the release of their prisoners in the West Bank and Gaza, where massive rallies festooned with green Hamas flags were held.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty sleeping	<input type="checkbox"/>	<input type="checkbox"/>
I am feeling low in energy and slowed down	<input type="checkbox"/>	<input type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input type="checkbox"/>
I am experiencing feelings of guilt	<input type="checkbox"/>	<input type="checkbox"/>
I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input type="checkbox"/>
I feel tense and anxious	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty making decisions	<input type="checkbox"/>	<input type="checkbox"/>
I am having trouble concentrating	<input type="checkbox"/>	<input type="checkbox"/>



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Tracking apps: Are you ever alone?

60 seconds

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Leon Hart,
private
detective

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▶ Story of man catching cheating wife raises privacy concerns



**LILLO MONTALTO
MONELLA**
LONDON@METRONews.CA
METRO WORLD NEWS

Next time you download a mobile app, be warned: it could wreck your marriage, as one episode in New York City suggests.

A man claims he discovered his wife was two-timing him after turning on his new iPhone 4S and his Find My Friends app pinpointed her exact location.

Whether this "spying via app" story is a hoax or not, it raises the question of what the possibilities are in "smartphone espionage."

"The story raises big privacy issues: people either forget their apps are turned on, or they are just careless about using them. You might have just bro-



BEBETO MATTHEWS/THE ASSOCIATED PRESS

▶ People turning to their mobile phones to tell others where they are has been a boon for burglars, because if you're somewhere, that also means you're not at home.

ken up and it'll be easy for your ex to start stalking you," Graham Cluley, senior technology consultant at the London-based secu-

rity company Sophos, told Metro.

So, next time you find yourself about to install a mobile app that tracks

your movements while you mosey through town, well, think about it twice. It may be used against you.

You can't hide

These apps find you and tell the world.

▶ Foursquare

Lets you virtually "check in" to different locations, find out where your friends are and receive ads about what may interest you nearby.

▶ Find My Friends

Free gizmo tracks down where people are at a given time through reading out a text location, and by plotting buddies on a map.

▶ Facebook Places

It allows to let your friends know where you are simply by tapping the Places button on your Facebook mobile app.

▶ Gowalla

It's not only another location-based service: it works also as a social guide to the most loved places and cities.

METRO CUSTOM PUBLISHING

SKILLS FOR SUCCESS

El Salvador is a tiny country – less than half the size of Nova Scotia, with a population about the size of the GTA – but it is one of the most dangerous countries in the Western hemisphere. There were 3,985 violent deaths in El Salvador in 2010, most related to gang activity; that is a higher per-capita number than in Afghanistan.

That's why communities place a high priority on giving their young people tools to build a future. "Our preschool centres are critically important," says Laura Mata, chief of communications for World Vision El Salvador, which works with community groups to create programs to ad-

dress their most pressing needs. "By giving small children a good educational foundation, they're ready for Grade 1. They're then more likely to be successful and less likely to flunk out or quit later."

World Vision's Children's Clubs and Youth Clubs not only provide young people with a safe place to socialize, but also give them life skills and vocational training. (In one club, Kevin, 15 was learning to bake bread and fancy pastries; in another, a band of musicians practiced while another group took learned to paint.)

Carlos, who is now 17, remembers the first time he went to a World Vi-

sion Communications Club in Tacuba, a small mountain town near the Guatemalan border where local gangs are particularly powerful. "I was 13. Some of my friends had been to the club and done a radio show, and they needed more people. I went. I was very nervous. But it was such a nice experience my [nervousness] vanished."

Before that, Carlos had been playing hookey from school since age 10, had failed 4th grade and fallen in with a sketchy group. At the club, "I got really involved. I realized I had to stop doing the things I'd been doing. I started studying again." Today he

DAVID TSCIOULLIS



World Vision's Youth Clubs give children a place to have fun and learn, nurturing talents that give them hope for a productive, fulfilling future.

leads other teens in the group and works half-days at a local professional radio station while attending high school.

Of course World Vision Canada sponsorships support efforts like nutrition and health care programs in El Salvador. But Laura believes that is just as important to "improve knowl-

edge. You can't change lives by just giving tangible things," she says. "Change comes by giving life skills and vocational skills so that [young people] can be someone in the future."

At the Tacuba Communications Club, says Carlos, "getting into the radio shows is what changed my life."



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08

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WEDNESDAY, OCTOBER 19, 2011

Carried. Away



► Police officers detain a protester during a rally on Triumfalnaya Square in downtown Moscow yesterday.

ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Protest defends power of choice

Some 12 people have been detained at an opposition rally in central Moscow where they were protesting against the lack of alternatives in the upcoming parliamentary and presidential elections.

Psychiatric assessment lacks clarity: Judge

► Alleged Shania Twain stalker says he pursued her because she didn't tell him she wasn't interested

The trial of a former Ottawa doctor accused of stalking Shania Twain has been put over due to legal wrangling over his psychiatric assessment.

Last month, Giovanni (John) Palumbo pleaded guilty to criminal harassment by watching and besetting, and one count of failure to comply with a court order. The Crown requested that Palumbo undergo a psychiatric evaluation, which determined that he was criminally responsible for his actions, the court heard yesterday.

"I still think she's a wonderful person.... (I) do not want to disturb her." GIOVANNI (JOHN) PALUMBO, ALLEGED SHANIA TWAIN STALKER

But after Palumbo himself testified, Crown lawyer John Flaherty questioned the report. He argued it would be appropriate for the report's author, Dr. Helen Ward, to testify herself.

While the defence was satisfied with the doctor's findings, Justice Richard Schneider agreed with the Crown, citing a "certain

lack of clarity" in the psychiatric report. He did, however, acknowledge that Palumbo and the defence didn't want the matter to drag out further.

Twain testified last month via video link, describing the lovelorn letters Palumbo had mailed to her, and discussed the feelings of fear and vulnerability conjured by his unwanted visits. He was seen at her family cottage, her grandmother's funeral and at the Juno Awards in March, where he was arrested.

A bail hearing is set for today. **THE CANADIAN PRESS**

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Nova Scotia Nominee Program, Economic Stream Refund

If you paid fees to the Economic Stream of the Nova Scotia Nominee Program, you might be able to get some money back from the Province of Nova Scotia. Read this to find out more.

What is this about?

A lawsuit was started against the Province of Nova Scotia in 2009. The goal was to get a refund for people who applied for and paid fees into the former Economic Stream of the Nova Scotia Nominee Program. The Supreme Court of Nova Scotia has now certified that lawsuit as a class action. Your legal rights may be affected. The lawyers for both sides have made a deal that would give a refund to eligible people. The Supreme Court of Nova Scotia approved the settlement as fair and reasonable.

Am I included?

You are if you (1) paid money to Nova Scotia under the Economic Stream of the Nova Scotia Nominee Program, (2) landed and obtained permanent resident status in Canada, and (3) did not already get a refund. As long as you told the truth in your application and immigration filings, you should be eligible for a refund.

What does this mean for me?

If you are a Class Member, your legal rights are affected. You will benefit from any settlement, but you must give up your right to sue the Government of Nova Scotia on your own.

How much will I get?

If you were not paid anything under a business mentorship, you will get \$63,750 back if your claim is approved (\$75,000 less an approved 15% fee of \$11,250). If you were paid under a business mentorship, the amount you were paid will be deducted from \$75,000. The 15% fee will be taken from the net amount.

Do I have to pay anything out of my own pocket?

No. The lawyers' fees have already been accounted for in the amount set out above. You will not be billed. The Supreme Court approved the lawyers' fee as fair and reasonable.

How do I get my money?

You have to fill in a Claim Form. A copy of the Claim Form can be found at <http://www.branchmacmaster.com/nova-scotia-immigration/>. You must mail, fax, or email in the form by **May 4, 2012**.

What if I do not want to take part?

If you do not want to take part, you have to opt out. If you opt out, you will not get any benefit from the settlement. You will have to sue the Government of Nova Scotia on your own if you wish to recover anything. To opt out, go to <http://www.branchmacmaster.com/nova-scotia-immigration/>, download the opt out form, and submit it to the address listed. If you want to opt out, you must do so before **Jan. 5 2012**.

What if too many people opt out?

If more than 50 people opt out, the Province has the right to cancel the settlement. Neither the Province nor the lawyer for the class expect this to occur however.

I have other questions.

For more information, visit <http://www.branchmacmaster.com/nova-scotia-immigration/>. If you still have questions, just contact the lawyer appointed by the court to act for the class, Greg McMullen at Branch MacMaster LLP, at gmcullen@brmmac.com or 604-631-2560.



BBX is wave of future: RIM

ERIC RISBERG/THE ASSOCIATED PRESS

► New operating system will help company take on Apple, co-CEO says

Decline and fall

- **RIM, based in Waterloo, Ont., once claimed a market value of about \$70 billion and has, from time to time, been Canada's most valuable company.**
- **RIM shares have been held by millions of Canadians in their pensions, mutual funds or other investments.**
- **It now has a market value of about \$12 billion and shareholders have complained about its lagging stock price and corporate leadership.**

Research In Motion's new mobile operating system will power its next-generation BlackBerry smartphones and PlayBook tablets to better compete with Internet-friendly Apple and Android devices.

Yesterday's announcement by co-CEO Mike Lazaridis comes just days after RIM had the worst service outage in its history. The company is trying to reposition its wireless devices as market leaders.

"Today, I'm pleased to announce our next-generation platform, BBX," Lazaridis said at RIM's software developer conference in San Francisco.

The BBX platform is based on the system that is already in the PlayBook tablet but has been expanded, Lazaridis said.

RIM is expected to launch new BlackBerrys

with the more powerful BBX system early next year. They are expected to be even more like mobile computers.

Lazaridis reiterated that



► Mike Lazaridis, co-CEO of Research in Motion, speaks at the BlackBerry DevCon Americas conference yesterday in San Francisco.

RIM won't ditch its PlayBook, which has been languishing on store shelves and sold fewer than one million units since its de-

but in April.

"We're absolutely committed to the BlackBerry PlayBook," he said.

THE CANADIAN PRESS

HOUSING MARKET STRUGGLING

American builders adjust outlook

U.S. homebuilders are less pessimistic about the housing market, but not enough to signal a recovery any time soon. The National Association of Home Builders said

yesterday that its index of builder sentiment this month rose to 18 from 14. Any reading below 50 indicates negative sentiment about the market.

Last year, the number of Americans who bought new homes fell to its lowest level in nearly 50 years. Sales this year have not fared much better, as builders struggle to compete with foreclosures, which have made the price of resale homes more competitive.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas
+ 130.07 (12,053.11)	+ 0.74¢ (98.58¢ US)	+ \$1.96 US (\$88.34 US)	\$3.553 US (- \$3.5¢)
			Gold \$1,652.80 US (- \$23.80)

Economy be darned, we're going on holiday!

Canadians are still planning fall and winter vacations despite uncertainty about the economy, a Bank of Montreal survey says. It

found 61 per cent of Canadians say they will take a fall or winter holiday. About 20 per cent say they will travel outside Canada, with 14 per cent heading to the U.S. and five per cent going outside North America. In comparison, about 79 per cent of Canadians vacationed this summer.

THE CANADIAN PRESS

ELECCIONES NACIONALES

23 DE OCTUBRE DE 2011

El Poder Ejecutivo Nacional ha convocado al electorado a la celebración de las elecciones nacionales el día 23 de octubre de 2011. En esa oportunidad, se procederá a la elección de Presidente y Vicepresidente, Senadores y Diputados Nacionales.

Los ciudadanos argentinos domiciliados en Canadá e inscriptos en el Registro de Electores Residentes en el Exterior, podrán votar concurrendo con su Documento de Identidad a la sede del Consulado Argentino donde se encuentren registrados a tal efecto.

Asimismo, aquellos ciudadanos que no hubieren efectuado el cambio de domicilio, o bien estén de paso en Canadá deberán solicitar ese mismo día una constancia de "justificación de no emisión de voto" ante la Embajada o los Consulados Generales de la República Argentina, en Toronto o Montreal, según corresponda. A tal fin, la Embajada Argentina en Ottawa ascenderá el día del comicio en el horario de 8:00 a 18:00 horas.

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TO INFINITY AND BEYOND

JUST SAYIN' ...

PAUL SULLIVAN
METRO



Cancun, wake up! In the next five years, according to delegates to this week's National Symposium for Personal and Commercial Spaceflight, outfits such as Sir Richard Branson's Virgin Galactic, Blue Origin, and XCOR Aerospace will routinely offer space flights of fancy.

While early space tourism is not exactly going where no one has gone before — it will feature the kind of sub-space trips flown by the Mercury pioneer astronauts in the '60s — it's still a far cry from Sandals. The view is to die for, and you get to experience weightlessness for five whole minutes. Bite me, gravity.

This is not science fiction: It's going to happen. Virgin Galactic has already glide-tested the VSS Enterprise, and the six-passenger ship will undergo rocket-powered tests next year. Meanwhile, 450 people have put down \$20,000 deposits on the \$200,000 fare

Virgin Galactic will charge when it finally gets off the ground. AXCOR's two-seater Lynx will be a little cheaper: \$95,000 for a round trip.

There's no word how many frequent-flyer points will be required, but rumour has it they'll start with a zillion and work up from there. Blackouts will be routine — and that's once you're on the flight. The entire experience will take only two and a half hours, but for space geeks the memories will last a lifetime ... if they survive re-entry.

Virgin is even building a spaceport in the New Mexico desert, which is appropriate, considering that nearby Roswell is the world HQ for alien encounters.

The \$209-million Spaceport America was christened a couple of days ago by Branson himself, who climbed down the side, quaffing champagne. Let's get this party started.

For those of you who think it's a waste of money and carbon and would rather go to Tuscany, I understand.

For \$200K, you could spend the entire growing season in a luxury Tuscan villa, where it's warmer and sunnier than space, where the average temperature is three degrees above absolute zero. Well, at least it's not absolute zero.

The view in Tuscany is also pretty good, but on a clear day in space, you can see everywhere.

So far, I haven't been able to convince my wife to deposit 20 grand on the VSS Enterprise. She's up for a cruise but was thinking Alaska or the Caribbean.

I guess some people do not want to boldly go where no one has gone before, unless it has room service.

Read more of Paul Sullivan's columns at metronews.ca/justsayin

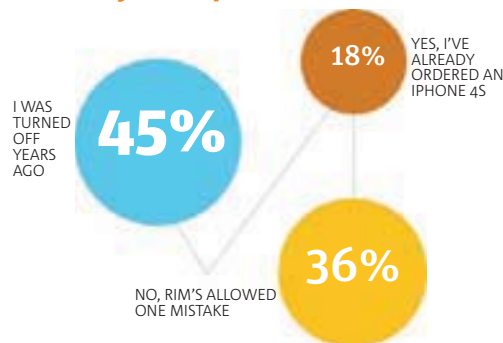
Space really is the final frontier — for tourists at least.

If you're forced to stifle yawns at the prospect of yet another visit to the all-inclusive Budget Paradise



Register at metropolitanpanel.ca and take the quick poll

Did the outage turn you off of BlackBerry smartphones?



Letters

There is a federal review of all spending by all government departments underway. All departments have been told to look at their budgets with a view to cutting five per cent or 10 per cent (both are an option) from their operations and programming budgets. This type of review is needed in these tumultuous financial times, but unfortunately it also includes Veterans Affairs Canada.

We will battle with all we have to prevent any programs or operations that will have the direct effect of our veterans' benefits being cut. Veterans — serving or retired; regular, reserve or RCMP — should always be given the thanks of the country that put them in harm's way. There is a way to show that thanks — and that is by not cutting any benefits that have accrued to them in the past because of this review.

President Barack Obama has stated that American veterans' programs would be exempt from the U.S. program review and that the U.S. would not live off the backs of the American veteran.

PATRICIA VARGA
ROYAL CANADIAN LEGION

photo of the day



► This photo titled FUN At The Park! was submitted to the Photo of the Day category by stevetroletti.com from Montreal.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

Local tweets



► @jeffjedras: I encourage all those who complain about the #ttc to come to Ottawa and try out #OTranspo for a bit, and then report back.

► @MaulerMauler: Depends. Is it an iPhone? RT@CTVCanadaAM: Will the new Blackberry being announced today be enough to turn the company around?

► @usedtobefat: Spreading the mo love at #Ottawacity

hall with @adamdecaire #MOVEMBER mo bro since way back @mobropetehttp://yfrog.com/odqzqmsj

► @mthibault_1: #Gay #Ottawa teen who killed himself was bullied soc.li/K1MFRqi This is so sad! We are in 2011. When is the bullying gonna stop?

► @DrJonathanHuber: Good job, #Ottawa. Hundreds out for #ride4danielle. All kinds: kids, seniors, hardcore cyclists, suits, everything in between. #ottcity

WEIRD NEWS

PhDs can only be explained by interpretive dance

So you think you can dance, Einstein?

Two Canadian scientists are among 16 finalists in this year's edition of a growing international competition that uses PhD theses as inspiration for dance videos.

"The goal of the contest is to be able to portray your research in a way that's fun to watch and that's easy to understand," said Erin McConnell, a Carleton University biochemist. Her

thesis DNA Aptamers as a Tool for Studying Mental Health Disease is surprisingly well-expressed using of hip-hop, ballet and Highland fling.

The annual Dance Your Thesis contest attempts to use dance to bridge the gap between science and the public — and lets scientists blow off a little steam after too many hours in the lab.

Creator John Bohanon said it all began as a way to liven up a New Year's Eve party. "I wanted it to be a dance party, but scientists are like everyone — you either need a lot of alcohol or a bizarre party theme to lighten the mood," he said. "I figured it would be really fun to have everyone compete by explaining their PhD research in dance form." THE CANADIAN PRESS

2

scene

Another makeover for the Musketeers

► A hilarious look at the reincarnations of our three favourite swashbucklers through the years

IN FOCUS

RICHARD CROUSE
SCENE@METRONews.CA



What do beloved Gene Kelly and post-millennial wild

man Charlie Sheen have in common? The Hollywood stars both were "all for one, one for all" in a Three Musketeers movie.

Kelly was the heroic D'Artagnan in the 1948 version of the Alexandre Dumas story, while Sheen was — unsurprisingly — the arrogant womanizer Aramis in 1993.

The swashbuckling exploits of D'Artagnan and his three friends first appeared in print in 1844. Sixty years later a French film detailed their exploits for the first time.

Since then they have swashbuckled through an all-girl version called Bar-

bie and the Three Musketeers, an old west adaptation starring John Wayne and bow wowed in an all canine edition called Dogtarian and the Three Musketeers.

This weekend the all-new Three Musketeers brings their swashbuckling style to the big screen for the 30th time in the last century.

The Gene Kelly Three Musketeers is probably the most accurate adaptation from page to stage, but the most entertaining — and star studded — has to be The Three Musketeers: The Queen's Diamonds.

The 1973-era movie is bawdy, outrageous and action packed, with lavish set design and an even more lavish cast, including Michael York, Oliver Reed, Charlton Heston, Christopher Lee, Raquel Welch and Faye Dunaway.

Highlights include a chess game played with trained dogs and monkeys and some of the best sword fighting this side of an Er-



► Logan Lerman, left, Luke Evans, Ray Stevenson and Matthew Macfadyen star in The Three Musketeers 3D.

rol Flynn movie.

The Musketeer (2001) features plenty of swordplay, but amps up the action with crouching tiger choreography by martial arts master Xin Xin Xiong.

Starring Justin Chambers as D'Artagnan, the story will ruffle the giant feather plumes worn by

Dumas purists but as an action movie — Roger Ebert wrote, "Occasionally the action is interrupted by dialogue scenes" — it is the most exciting of the recent Musketeers movies.

Occasionally the Musketeers have appeared as supporting characters.

In 1998's The Man in the

Iron Mask, the aging D'Artagnan and his posse — played by Gabriel Byrne, Jeremy Irons, John Malkovich and Gérard Depardieu — come out of retirement to rid France of an evil king, Louis XIV and replace him with his twin brother, both played by Leonardo Di Caprio.

Scene in brief



Glee star Cory Monteith has been named grand marshal of the Grey Cup festival parade. Monteith grew up in Victoria and moved to Vancouver as a teen to try his hand at acting.

THE CANADIAN PRESS



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On the road — again



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It's been 41 years since filmmaker Donald Shebib put Canada on the cinematic map with his kinetic, heart-felt nouvelle vague drama *Goin' Down the Road*, the tender tale of two destitute East coasters (Doug McGrath and the late Paul Bradley) who jump in their car and split for the promised land of post-'60s Toronto.

What they find is more hardship, trapped in a chilly city that cares not for their plight. But the world certainly cared for Shebib's cheap and charming film, with heavy hitting critics like Pauline Kael and Roger Ebert giving it the solid thumbs up.

"We shot that film all hand held and rough because he didn't have the money," says Shebib.

"We made it on the fly with what we could get, but we had the luxury of time, shooting for eight weeks and completely non union."

The surprise success of the scrappy little film was a double edged sword for Shebib, making his career while also chaining him to the verite expectations he had no intention of fulfilling.

After making a re-

- Filmmaker Donald Shebib won critical acclaim in 1970 for his film about two East coasters takin' on T.O.
- Decades later, a sequel lets the characters that have haunted their creator have a melancholy happy ending



► Doug McGrath stars in *Down the Road Again*.

spectable living in features and television, Shebib recently rounded up the surviving gang including McGrath, beloved actress Jayne Eastwood and Cayle Chernin (who sadly died of cancer earlier this year) to revisit the characters in the twilight of their lives in his latest, *Down the Road*.

Again, a sequel that sees McGrath's Pete hitting the trails with the remains of his deceased pal and making for his east coast home to scatter his ashes.

What he finds is a family he never knew he had.

"When Don sent me this script, I couldn't be objective about it," McGrath told Metro, "because it was like reading my own history and it was like the life for this character was suddenly continuing. It was very emotional and I needed time to absorb it."

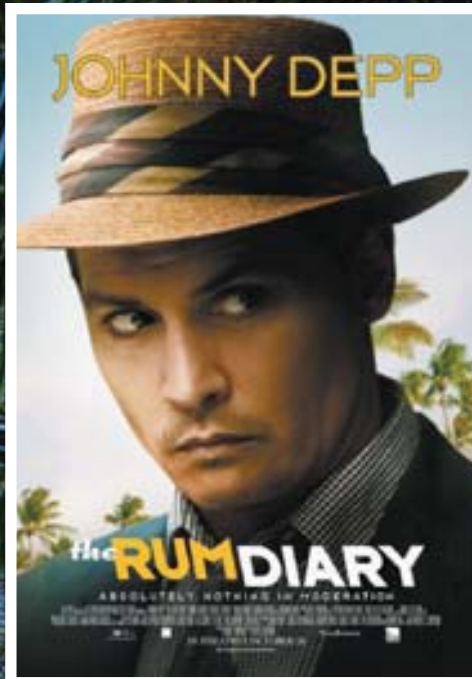
"A lot of people will be talking about Doug's performance," adds Eastwood about her returning co-star.

"To see an older guy on

screen professing love for a woman as honestly and sweetly as he does...I'm getting weepy just talking about it."

Shebib reflects on the movie. "I've never been a media darling," he says.

"I have strong opinions...and it's not very Canadian to have strong opinions. Listen, I just want to keep making films and I just hope that people respond emotionally to this film because it deserves an audience."



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Lining up under Biebs' Mistletoe

► Justin Bieber is first artist on Universal Music to be allowed to have some of album sales benefit a charity

Justin Bieber is in the holiday spirit: The singer is the first artist on the Universal Music roster to have part of his album sales benefit charity.

Partial sales from Under the Mistletoe, his Christmas album that is out Nov. 1, will go to various charities, including Pencils of Promise and the Make-A-Wish Foundation.

"Universal never actually allowed money from the album to go to charity, so it's kind of a unique thing and I'm very happy and proud of what we've done," the 17-year-old said in an interview from Lima, Peru, on Monday.

Bieber said he isn't sure how much of the sales will go to charity, but thanks his team for helping him achieve his goal of wanting to help others during the holiday season.

"I tell them basically what I want and they kind of go and help me get it done," said Bieber, who will also donate money to various food banks.

Under the Mistletoe features collaborations with Mariah Carey and Boyz II



► Justin Bieber performs during his My World Tour concert at the National Stadium in Lima, Peru.

Men, among others. He said he wanted to "work with people who had great experiences with Christmas albums."

"They were all great people and fun to be

around," said the Canadian-born entertainer, who appears on a "super festive" version of Carey's classic song All I Want for Christmas.

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Demi Moore putting brave face amid rumour

► Wears her wedding ring in her first public appearance since

Making her first appearance since reports of Ashton Kutcher's infidelity went public, Demi Moore walked the red carpet at the New York premiere of her new film, *Margin Call*, this week, according to *Us Weekly*.

The actress, who showed up solo but wore her wedding ring, put on a "stoic smile," according to onlookers.

"Everyone was remarking how thin Demi was, more so than usual," a source says. "She seemed in a decent mood though, even a little happy to be there."

Infidelity rumours have plagued the couple for months with much of the blame landing at the feet of Kutcher. **● METRO**

"Everyone was remarking how thin Demi was...She seemed in a decent mood though, even a little happy to be there." SOURCE



► Demi Moore

Yoooooooouuuu ... got a

Rapper Soulja Boy — whose real name is DeAndre Cortez — was arrested for marijuana possession yesterday in Temple, Ga., according to TMZ.

The 21-year-old's car was pulled over for a traffic violation, but police then found "a substantial amount" of marijuana in

the car, as well a selection of guns and close to \$70,000 in cash.

The four other passengers in the car were arrested as well.

Soulja Boy shot to fame following his smash Internet hit *Crank That* (Soulja Boy).

● METRO



LaBeouf gets knocked out

It was another wild night out recently for Shia LaBeouf, who got into a bar brawl at Cinema Public House in Vancouver, according to Radar Online.

"He got into a confrontation with a couple of

people. He took a few punches to the face. He was obviously pretty intoxicated," a source says.

The actor and another patron were reportedly bounced from the establishment, but their alterca-

tion continued on the street until both could be restrained.

A video emerged Thursday showing the actor getting repeatedly punched before staggering to his feet. **● METRO**



ng on lmours

infidelity news emerged

ALL PHOTOS GETTY IMAGES



arrested



► Soulja Boy



► Shia
LeBeouf

Talking points

Clooney finally steps out with new girlfriend

DANCING AROUND THE IS-SUE. While they've previously acknowledged their new relationship, George Clooney and girlfriend Stacy Keibler made their red carpet debut, posing for photos together at the New York Film Festival premiere of his new film, the Descendants, according to Hollyscoop.

While Keibler, a former wrestler, previously competed on Dancing with the Stars, Clooney swore he'd never be a contestant.

"I'm a terrible dancer," he said.

● METRO

Musso picked up for a DUI

NEXT UP: GETTING DROPPED FROM THE SHOW. Mitchel Musso, the 20-year-old former Hannah Montana actor, was arrested for driving under the influence earlier this week, according to TMZ. Musso was pulled over after failing to slow down for police who were directing traffic at an intersection. According to the police report, officers approached Musso's 2007 black Mercedes Benz and detected a "strong odor of alcohol." Musso was reportedly administered a breathalyzer and tested "well above" the legal limit for blood alcohol levels.

● METRO

Sarandon calls the Pope a Nazi

HARSH WORDS. Susan Saran-



Celebrity tweets



"Dear Sun, I get it. You win. Uncle."



@joelmchale



"I like the Patriots socks"

@victoriabeckham

"healthy snack! Real, fruit sorbet

.....freeze single, red grapes, put in small zip lock bags, eat fresh from the freezer x VB"

@SethMacFarlane



"The Bible confuses me some-times,

'cause I can never figure out which members of the family can understand God."

don is taking on Pope Benedict XVI. While discussing her 1995 film Dead Man Walking at the Hamptons Film Festival, Sarandon had some unkind words for the current head of the Catholic Church, according to Newsday. Sarandon explained that she'd sent a copy of the book upon which the film was based — which advocates against the death penalty — to the pontiff.

"The last one," Sarandon clarified, "not this Nazi one we have now."

● METRO

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WEDNESDAY, OCTOBER 19, 2011

3 life

Travel in brief



British billionaire Richard Branson was in Sierra County in southern New Mexico on Monday to get the keys to Spaceport America, the newly completed terminal and hangar facility where his Virgin Galactic will begin its commercial space tourism venture from this remote patch of desert. The building will house Virgin Galactic's spacecraft, mission control and a preparation area for space tourists.

THE ASSOCIATED PRESS



NYC skyline park inspires ideas for new life for old viaduct blighting Philly's 'eraserhood'

Out of this world

- ▶ Sedona, Ariz., has long been associated with spiritual and paranormal activity
- ▶ But this quirky locale offers visitors plenty to do — just watch out for little green men

PHOTOS: DARREN PARKMAN/METRO NEWS

THE TRAVELLIN' CANADIAN

 DARREN PARKMAN
 TRAVEL@METRONEWS.CA


They say there's some magic in those beautiful red rock formations in mystic Sedona, Ariz., and who am I to argue?

Truth is, it's pretty hard to find any place on earth more beautiful than this strange oasis tucked in the middle of the desert. I had heard stories of this spiritual mecca being a sacred place for Aboriginals for thousands of years, and soon after arriving I could see why.

Sedona is just somehow different, and almost surreal compared to the endless flat desert surrounding it. Many visitors have reported countless spiritual and paranormal experiences, and the UFO sightings continue to pour in every year.

In fact, Sedona is considered a major power centre, right up there with Stone Henge and the Pyramids, and I have to admit, I felt a certain surge in my aura while strolling among those amazing rocks.

It may have been the

wine and burritos from the night before, but I swear many of Sedona's massive rock formations looked almost intricately carved by someone or something.

Maybe it was the aliens. Cathedral Rock and Bell Rock are two of the most popular attractions in the area. Bell Rock is considered by some to be a portal to other dimensions.

I could almost envision the mother ship waiting for me, beckoning me ... or not.

Whether you happen to believe in the super natural or find it all hogwash, Sedona is well worth the pilgrimage. I found myself a tad awestruck, almost hypnotized at the unique beauty all around.

The surrounding community has a very laid

back, almost spaced out (pardon the pun) feel to it.

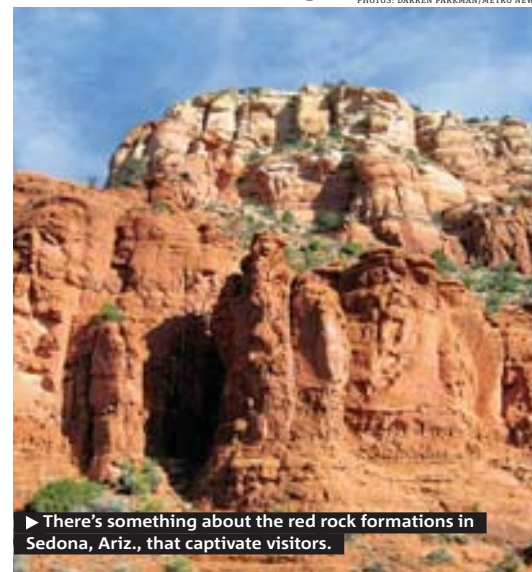
There's plenty of hidden canyons and trails for hiking and mountain biking, and many show up to enjoy a day of "birding," apparently the cool Sedona way of bird watching.

Because its elevation is more than 1,300 metres, there are a unique variety of feathered friends to watch year round.

Although they have little in common, Sedona does share one feature with its polar opposite, Las Vegas.

In recent years, many couples flocking to the magic rocks for quickie, but spiritual weddings.

There is a lot to love in this magical little oasis ... just watch out for little green men!



▶ There's something about the red rock formations in Sedona, Ariz., that captivate visitors.



▶ The surrounding community of Sedona has a very laid-back feel to it.

Other cool things to do

Star Gazing:

Evening Star tours offer a personalized guided tour of the heavens. Because the area is so dark, you'll be treated to a heavenly light show that isn't seen from cities.

Golf and Tennis:

The area features several championship courses in the area, and local resorts feature year-round tennis in the desert sun.

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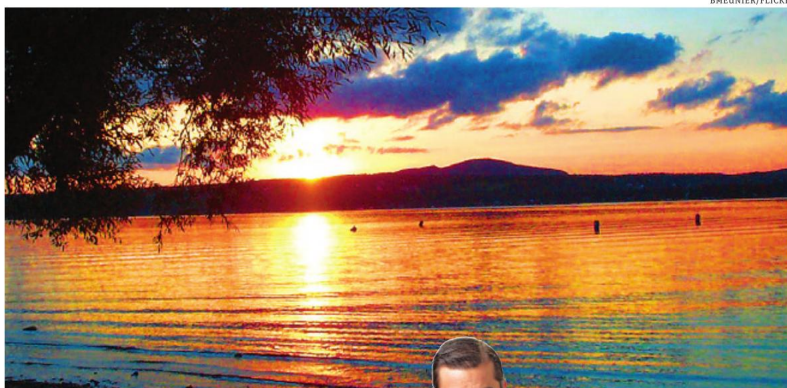
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My favourite spot in Canada

YANNICK BISSON: EASTERN TOWNSHIPS, QUE.



DMEUNIER/FUCKER

My favourite place to travel in Canada? Tough choice! My time off to travel is usually in the winter so typically we head south to the warmth or to Europe to avoid the crowds of summer.

Being from Quebec, where all of my family still lives, I'd have to say my fave is the Eastern Townships. I have fond

memories of fresh farmed food and world class mountain biking at Bromont in the summer then maple syrup and skiing in winter. Lac Magog in

the valley and the green rolling hills are stunning.

Best of all? I had my first Poutine not far from there with my closest cousin Francis.

YANNICK BISSON IS THE STAR OF CITYTV'S MURDOCH MYSTERIES. CHECK YOUR LOCAL LISTINGS FOR AIR TIMES AND DATES.

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Toronto 3 Nights 4-Star

Sheraton Centre Toronto

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taxes & fees included

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Las Vegas Air + 3 Nights

Imperial Palace

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+ taxes & fees \$128

INCLUDES accom on the Strip. Departs Dec 11/ggv/dl. **UPGRADE** to 5-star Treasure Island for \$7 per night.

Mont Tremblant

4 Nights 4-Star + Ski

Hotel De Montagne Cap Tremblant

\$504

taxes & fees included

INCLUDES elegant chalet-style accom in the village of Old Tremblant and 3-day lift passes to Mont Tremblant. Departs Dec 18/ggv.

New York City

Air + 3 Nights 4-Star

Millennium Hilton

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Departs Nov 16/swg/wg. **UPGRADE** to the 5-star Riu Varadero for \$40 per night.

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Departs Nov 12/nol/c6. **\$535***

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DANIEL LUBLIN
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Are you dreaming of becoming the next senior executive of your company? Are those dreams based on assurances of more money, seniority and status? If so then read on as this is the story of one employee who recently learned that employment promises must clearly be put into writing, otherwise it is as if they were never made at all.

Thomas McNeely was a "big deal" employee working as a senior executive for a weight loss company,

Herbal Magic, when a group of investors came together in a bid to purchase the company. McNeely, a sophisticated business person, was actively involved in the negotiations leading to the acquisition of the company and maintained his interest in becoming its next president and CEO. However, he was reluctant to invest his own money in the deal.

To persuade him to put up his own capital, McNeely was assured by the other investors that he would be a long-term senior employee of the new company and a member of its board of directors. However, this was not put into writing. Instead, McNeely negotiated an employment contract containing an "entire agreement" clause, which is a contractual term prohibiting parties to the contract from relying on

any oral promises not written into the contract itself.

After the acquisition, McNeely was named president and CEO, but only for seven months, until he was fired and removed from the board of directors. Since McNeely was unable to withdraw his financial investment in the company, he sued, claiming that the promises made to him constituted an agreement apart from the contract he signed.

At a recent court hearing, the judge concluded that the clause in McNeely's contract prevented him from relying on any promises or agreements not contained within the contract, despite the fact that the defendant did not deny making those statements.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP. TO READ THIS ARTICLE IN ITS ENTIRETY VISIT METRONEWS.CA

Silence not golden for us job-seekers

STUDENT VOICE

NICOLE ABI-NAJEM
TALENTEGG.CA

I graduated with a degree in Radio and Television Arts at Ryerson University in the spring of this past year. In my final semester, I landed a coveted internship at the Late Show with David Letterman in New York City. I returned to Toronto starry-eyed and sure that my resumé would magnetize employers. Months of unemployment later, I'm frustrated and left wondering what went wrong.

My job search began mid-way through my internship at the Late Show, creating a cushion of time to face rejection and find opportunity. I sent out my resumé and cover letter to countless companies across Toronto. I made phone calls and waited.



► Nicole Abi-Najem

My efforts and strategies varied, but the response remained the same: silence. The lack of response was something I attributed to geographical distance. Upon arriving to Toronto, I intensified my search with a broadening focus on creating an online and personal presence. I made daily phone calls with detailed messages, sent hard copies of my resumé, provided links to my projects and networked.

The most irritating aspect of the career search is not rejection, but a sheer lack of response. A silent frustration settles, because my efforts have not met with the validation of a yes or no. My exasperation over

simply hearing back overshadows the job hunt.

Record high unemployment has created desperation and a scramble for the few entry-level offerings available. Employers are inundated with hundreds of resúmes that leave them incapable of giving each applicant adequate attention.

Employers should reward our efforts with their time. There is an understandable gap in the ratio of applications and responses. It's easy to screen resúmes for key words and to rely on technology to select appropriate applicants and, especially in entry-level positions, far too convenient to select those who simply know the right people. If you notice someone making the effort to contact you personally, consider their enthusiasm and dedication as a skill that will translate well in your company and an effort that should at least merit a conversation. Give them advice and take the time to listen.

TALENTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

What I learned

Key take-aways from Nicole's experience.

- Get to know professionals in your dream industry and ask to chat before asking for a job.
- Use your network to meet employers and keep in touch with them once you do.

Where Nicole is now

I am currently working at Indigo as a Customer Experience Representative. I am also applying to graduate schools to help me find a specific focus in which to concentrate my skills and passion. I have decided to apply for either a master's of journalism or to teacher's college.



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Drink of the week

Corpse Reviver

With Halloween less than two weeks away, it's time to start preparing for those scary parties. This drink for the big kids will get anyone in the mood.

- 30 ml (1 oz) gin
- 30 ml (1 oz) Lillet (blanc)
- 30 ml (1 oz) triple sec
- Juice of half a lemon
- 5 drops of absinthe
- 1 thin slice orange

In a cocktail shaker filled with ice, combine gin, Lillet, triple sec, lemon juice and absinthe. Strain into a martini glass, then garnish with orange slice.

THE ASSOCIATED PRESS/ EPIC ROASTHOUSE IN SAN FRANCISCO



Let the foodie battle begin

► Recipe to Riches sees 21 home cooks go toe-to-toe ► Try a dish from one of the competitors

COURTESY OF FOOD NETWORK



Maple Pudding "Chômeur"

► This recipe makes 12 servings.

Brad Gash from Gatineau, Que., isn't the typical food competition contender. However, the avid outdoorsman and civil servant is getting a chance to possibly see his signature dish in stores across Canada, thanks to the Food Network's Recipe to Riches.

The show sees 21 finalists compete in seven categories, ranging from appetizers to entrées and desserts. The winners of each category stand to receive a \$25,000 cash prize and see their recipe devel-

oped into a President's Choice product.

The best part? Each week, Canadians have the chance to sample category winners' products in-store. Once category winners are determined, a \$250,000 prize is up for grabs.

Preparation:

- Heat oven to 400°F (200°C). In saucepan, bring cream and maple syrup to boil over medium heat. Pour into 13 x 9 inch (3 L) glass baking dish.

- In bowl, whisk together flour, baking powder and salt; set aside.

- In stand mixer fitted with paddle attachment, beat butter with sugar

until light. Beat in eggs one at a time. Beat in milk and vanilla. Beat in flour mixture just until combined. Using ice cream scoop or two large spoons, scoop 12

Ingredients:

- 2 cups (500 mL) 35% whipping cream
- 2 cups (500 mL) maple syrup
- 3-1/3 cups (825 mL) all-purpose flour
- 4 tsp (20 mL) baking powder

der

- 1-1/2 tsp (7 mL) salt
- 1 cup (250 mL) unsalted butter, at room temperature
- 2/3 cup (150 mL) packed brown sugar
- 4 eggs
- 1-1/2 cups (375 mL) milk
- 2 tsp (10 mL) vanilla

mounds of batter into hot syrup in baking dish.

- Bake in centre of oven for 40 minutes or until golden brown and firm to the touch.

COURTESY OF FOOD NETWORK. RECIPE TO RICHES PREMIERES TONIGHT AT 9 PM ET/PT ON FOOD NETWORK CANADA

Watch for...

- **Diana Petrini** Woodbridge, Ont. Making: Stuffed Olives
- **Wayne Reid** Brampton, Ont. Making: Salt Fish & Ackee Pie
- **Tikka Smiley** Toronto. Making: Vegan Pot Pie
- **Rosy Soobrat** Milton, Ont. Making: Creamy Kulfi
- **Brad Gash** Gatineau, Que. Making: Maple Pudding Chomeaur
- **Sara Bradeen** Montreal. Making: Mini Tourtieres
- **Natasha Langevin** Dollard-des-Ormeaux, Que. Making: S'more Treat
- **Scott Ushero** Montreal. Making: Braised Lamb Shanks with Orzo

Impress with Polpette di Funghi

► These "egg balls" are a great appetizer for dinner parties ► Mushrooms take this to the next level

Preparation:

- Beat eggs and baking soda with a whisk. Slowly add cheese, NEWS CANADA breadcrumbs, parsley and mushrooms to egg mix. Season with sea salt and pepper and fold gently until all ingredients combined.
- Using teaspoon, form small balls of the mix, then roll in extra Panko crumbs.
- Heat oil in frying pan, add egg balls 3 at a time

and fry over medium heat until golden brown all round. Turn to make sure they brown evenly. Drain on a paper towel and continue until all balls are fried up.

- Heat pasta sauce over medium heat and add balls when sauce is bubbling. Turn heat down to low and partially cover saucepan. Continue to heat for 7 minutes — balls will be warm through and will have absorbed some of the sauce. Serve topped

with fresh basil.
NEWS CANADA/ MARDI
MICHELS OF EATLIVETRAVEL.
WRITE.COM



► This recipe serves 10.

Ingredients:

- 2 eggs
- 1 teaspoon baking soda
- 50g freshly grated Parmesan

- 50g Panko breadcrumbs, plus extra for rolling
- 1/4 cup chopped plain parsley
- 1/2 cup finely diced fresh mushrooms (crimini, button, whatever you like)

- Pinch sea salt
- Freshly ground black pepper
- Olive oil for frying
- One jar (about 700mls) of your favourite pasta sauce

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WHAT YOU NEED TO FINANCE YOUR BUSINESS

HERE ARE THREE KEY FACTORS TO TAKE A LOOK AT

The most important ingredient for any business is money.

The more than two million self-employed Canadians know that to secure financing, you need to take a look at three key factors:

YOUR BUSINESS PLAN

A business plan is one of the first things most lenders will want to see. Show lenders how you plan to implement your business and convince them that you will succeed.

Consultants are one resource to assist you in drafting a plan, but there are also lower-cost services. Free services (such as business planning resources and secondary market research) are offered by your local library or through government services like Canada Business Ontario and many banks now offer free online business planning software.

Anne and Alan Dickson, owners of Pig Out Roasters in Ontario, know the



NEWS CANADA PHOTO

importance of business planning when it comes to financing. Their spit-roasting venture has entered its fourth successful year in Canada and was awarded a business achievement award in 2009. "If a bank won't lend to you, then your business is not viable," says Anne, providing a word of advice for new entrepreneurs.

YOUR CREDIT RATING

Lenders will consider your personal fi-

nances when you apply for a loan. While it may not be the only factor, most lenders will look at your credit rating as an indicator of how you have repaid financing in the past. Keep on top of your credit and, if needed, take the necessary steps to improve your credit to make you more attractive to lenders.

YOUR FINANCIAL INVESTMENT

Be prepared to invest your own capital

YEAR OF THE ENTREPRENEUR

The Government of Canada has designated 2011 as the Year of the Entrepreneur to recognize the importance of the business community. If this is your year to launch or expand, remember that proper planning and investment are key to securing financing.

into your business. Most financing ventures, including government financing programs, will need to see a portion of investment coming from you.

Raising capital will probably be one of the more challenging parts of starting or running a business. To be successful, get as informed as possible on the subject.

Canada Business Ontario offers an array of free services, including business planning resources and a search engine to help you find government financing options specific to your business. View a video clip on financing, call its Business Info Line at 1-888-745-8888 or visit canadabusiness.ca. — *News Canada*

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MODERNIZING AN OTTAWA INSTITUTION

The new owner of Hillary's Cleaners, one of Ottawa's oldest and most respected family businesses, is determined to respect the past while incorporating innovative technologies and processes.

"Hillary's is a great brand," says John Murray. "I will honour the tradition and modernize the business."

Since buying Hillary's Cleaners last year, Murray has updated much of the chain's infrastructure. Modernized phone and computer systems are now in place, along with new cleaning equipment and de-



ISTOCKPHOTO/THINKSTOCK

livery trucks. A redesigned website — hillarys.ca — features Fraser, a friendly, knowledgeable character named after Fraser Hillary, who started the business in 1949.

As past chair of Ottawa Tourism, Murray understands the important role that top-quality service plays in the success of local businesses. This explains his decision to expand Hillary's free pickup and delivery service.

Hillary's offers a wide range of services: From dry cleaning, laundry, carpet cleaning, garment repair and alteration to drapery takedown and hanging. The company's referral and loyalty programs feature customer discounts and incentives.

"It's all part of building a brand that Ottawans know and trust," says Murray.

THE GREEN PLAN

Hillary's Cleaners follows a number of environmental best practices. The company reuses and recycles hangers and plastic, for instance, and offers repeat customers personalized, reusable garment bags. Hillary's also relies on Aqua Clean, a method that uses water and unregulated chemicals and produces no hazardous waste.

ALL YOUR BEAUTY NEEDS UNDER ONE ROOF

SOPHIA ESTHETIC, SUBLIME HAIR STUDIO AND SUPERTAN

Sophia Esthetic was established in 1986 under the direction of Sophia Harvey and almost immediately became known for its excellence in service, and remarkable professionalism.

Today, Harvey is a highly respected member of the esthetic profession with 28 years of expertise. Drawing on her knowledge of the industry, Harvey has developed every facet of this unique salon, with the aim of providing you with the best possible service in the most relaxing atmosphere.

"Whether you are a frequent user of esthetic services or a first-time visitor, our priority is providing you with the care that best suits your age, budget and lifestyle. We believe in customization and results," says Harvey.

The Supertan mission is to provide unparalleled customer service to its clients. Its equipment is specifically selected to accommodate any skin type



ISTOCKPHOTO/THINKSTOCK

and it also carries the finest products available to enhance and prolong a deep tan. The certified, professional staff at Supertan customize personal tanning programs for every client, pro-

viding insightful information about how to prepare the skin before tanning and how to maintain that glow.

The new Supertan studios recently changed ownership and have undergone

a complete makeover, including the addition of new products and services. It is now one of downtown Ottawa's premier tanning studios with skin care products exclusive to its location.

Sublime Hair Studio opened its doors in 2005 under the direction of Sonia Mirchandani. Mirchandani, who has been in the hair fashion industry for more than 20 years, is a leading Ottawa colourist and stylist specializing in truly sublime hair colour and master precision cutting. This year, Mirchandani was selected as an official hairstylist for the 2011 Genie Awards.

With a staff of both senior and young stylists, including Joseph Trujillo, who is trained in and has expanded upon the cutting techniques and cosmetics artistry of Vidal Sassoon, Sublime Hair Studio has built a highly regarded brand image. Whether you want natural or dramatic colour, a sophisticated classic cut or a funky style, Mirchandani and her team will work to create a look for you.

So whether you are looking for advanced skin care advice, the perfect hair style or simply to enhance your body's natural glow, you can count on 190 MacLaren for all your essential beauty needs.

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"I think it's always exciting going into Toronto. Everybody likes playing there because of the atmosphere. Being able to play there before and being on a Canadian team again makes it that much better."

JETS CENTRE KYLE WELLWOOD ON PLAYING IN TORONTO TONIGHT, TAKING ON HIS FORMER TEAM THE MAPLE LEAFS.



Scan code for more sports news.

Flyers steamroll Senators

► Rookie Matt Read has four points for Philadelphia ► Auld pulled after only 10 shots

7	2
FLYERS	SENATORS

Matt Read needed just one period against the Ottawa Senators to put up the biggest numbers of his young career.

Read had a goal and two assists in the opening 20 minutes as the Philadelphia Flyers built a 4-0 first-period lead and went on to beat the Senators 7-2 at Scotiabank Place last night.

Read added a third assist and fourth point in the third period.

The four-goal outburst was enough for Senators coach Paul MacLean to make a goaltending switch to start the second period as Craig Anderson came on in relief of Alex Auld, who faced just 10 shots. Anderson made 17 saves but surrendered three goals late in the third period.

Wayne Simmonds, Claude Giroux and Max Talbot also scored for the Flyers (4-0-1) in the first period.

James van Riemsdyk, Sean Couturier and Harrison Zolnierczyk scored in the final five minutes of the third period. The goals for Couturier and Zolnierczyk were their first in the NHL.



► Chris Pronger reacts after taking a high stick in the face.

Sergei Bobrovsky turned aside 21 shots in his first start of the season.

Jason Spezza and Erik Karlsson had the only goals for the Senators (1-5-0). Ottawa had its chances offensively but was shut out on five power-play opportunities, including a span in the second period where they had extensive stretches playing four-on-three and five-on-three.

The Flyers were successful on three of their six power plays.

Veteran Jaromir Jagr had a good scoring opportunity in the second period and another in the third, but he was unable to score his first goal as a member of the Flyers.

The win for the Flyers was their first in Ottawa since Nov. 24, 2007. They had lost seven straight in the Capital City since a 4-3 victory.

The 18,059 in attendance yesterday, well below capacity, were all over Auld early on in the game as he surrounded two very soft and two questionable goals.

The first goal from Read and the third from Giroux were on floater shots that were meant more to create a rebound than to turn on the red light. Simmonds' goal came when he scored on a rebound during a large

scramble in front of Auld.

Talbot gently placed the puck between Auld's pads on a pass from Read in the final minute of the period.

The Senators got on the board late in the second period when Daniel Alfredsson fed a cross-crease pass to Spezza who buried his opportunity from the side of Bobrovsky. Karlsson scored with 20 seconds to play.

THE CANADIAN PRESS

Marathon session for NBA

NBA players and owners met for more than 10 hours with a federal mediator yesterday, hoping to deliver the progress Commissioner David Stern says is needed to avoid cancelling more games.

George Cohen began overseeing the talks about 10 a.m. Stern sought immediate results in just one day of mediation, saying during

interviews last week that proposals could get worse and more games could be lost without a deal yesterday.

"If there's a breakthrough, it's going to come on Tuesday," he told NBA TV. "And if not, I think that the season is really going to potentially escape from us because we aren't making any progress."

This was the longest negotiating session since owners locked out players when the old collective bargaining agreement expired at the end of the day June 30.

Cohen met with the sides individually at their offices Monday before both brought their full bargaining committees to a hotel yesterday.

THE ASSOCIATED PRESS

UFC

St-Pierre will miss title fight

A knee injury suffered in training Tuesday has forced welterweight champion Georges St-Pierre out of next week's UFC 137 title fight with Carlos

(Natural Born Killer) Condit.

"We don't play golf," a muted St-Pierre told The Canadian Press. "It's a full-contact sport. This stuff happens."

St-Pierre sustained a strained knee ligament defending a takedown at Montreal's Tristar Gym in his final week of training. The champion says he will be sidelined about four weeks.

THE CANADIAN PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	4	4	0	0	0	15	11	8	3-0-0-0	1-0-0-0	4-0-0-0	W4
d-Pittsburgh	7	3	2	1	1	19	18	8	1-1-1-0	2-1-0-1	3-2-1-1	L3
d-Toronto	4	3	0	1	0	13	10	7	3-0-1-0	0-0-0-0	3-0-1-0	L1
Philadelphia	4	3	0	1	0	14	8	7	1-0-1-0	2-0-0-0	3-0-1-0	L1
Buffalo	4	3	1	0	0	14	9	6	1-1-0-0	2-0-0-0	3-1-0-0	W1
Florida	4	3	1	0	0	14	10	6	1-0-0-0	2-1-0-0	3-1-0-0	W2
NY Islanders	4	3	1	0	0	11	6	6	3-1-0-0	0-0-0-0	3-1-0-0	W3
New Jersey	4	3	1	0	0	9	8	6	2-1-0-0	1-0-0-0	3-1-0-0	W3
Carolina	5	2	2	1	0	13	18	5	1-1-0-0	1-1-1-0	2-2-1-0	W1
Boston	5	2	3	0	0	10	9	4	1-2-0-0	1-1-0-0	2-3-0-0	W1
Tampa Bay	6	1	3	0	2	18	26	4	0-1-0-0	1-2-0-2	1-3-0-2	L5
Montreal	4	1	2	0	1	11	13	3	0-1-0-1	1-1-0-0	1-2-0-1	L2
NY Rangers	3	0	1	1	1	5	8	2	0-0-0-0	0-1-1-0	0-1-1-1	L3
Winnipeg	4	1	3	0	0	7	14	2	1-1-0-0	0-2-0-0	1-3-0-0	W1
Ottawa	5	1	4	0	0	14	23	2	1-1-0-0	0-3-0-0	1-4-0-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Colorado	6	5	1	0	0	20	13	10	0-1-0-0	5-0-0-0	5-1-0-0	W3
d-Detroit	4	4	0	0	0	13	5	8	2-0-0-0	2-0-0-0	4-0-0-0	W4
d-Dallas	5	4	1	0	0	13	11	8	4-0-0-0	0-1-0-0	4-1-0-0	W3
Anaheim	5	4	1	0	0	11	9	8	3-0-0-0	1-1-0-0	4-1-0-0	W4
Minnesota	5	2	1	1	1	12	12	6	2-0-1-0	0-1-0-1	2-1-1-1	L1
Phoenix	4	2	1	0	1	13	11	5	1-0-0-0	1-1-0-1	2-1-0-1	W2
Chicago	4	2	1	0	1	12	10	5	2-0-0-1	0-1-0-0	2-1-0-1	L1
Edmonton	4	2	1	0	1	9	8	5	2-1-0-0	1-0-0-1	2-1-0-1	W1
Los Angeles	4	2	1	0	1	9	10	5	1-1-0-0	1-0-0-1	2-1-0-1	L3
Vancouver	5	2	2	0	1	15	15	5	0-0-0-1	2-2-0-0	2-2-0-1	W1
Nashville	5	2	2	0	1	12	15	5	0-1-0-1	2-1-0-0	2-2-0-1	L3
St. Louis	5	2	3	0	0	15	15	4	1-1-0-0	1-2-0-0	2-3-0-0	L1
Calgary	4	1	3	0	0	11	14	2	0-1-0-0	1-2-0-0	1-3-0-0	L1
San Jose	4	1	3	0	0	10	11	2	1-2-0-0	0-1-0-0	1-3-0-0	L3
Columbus	5	0	4	0	1	10	17	1	0-2-0-1	0-2-0-0	0-4-0-1	L5

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Carolina at Boston
Florida at Washington
Dallas at Columbus
Buffalo at Montreal
Philadelphia at Ottawa
Pittsburgh at Minnesota
Edmonton at Calgary
N.Y. Rangers at Vancouver
Chicago at Phoenix
St. Louis at Los Angeles

Monday's results

Colorado 3 Toronto 2 (OT)
Edmonton 3 Nashville 1
Winnipeg 2 Pittsburgh 1
Florida 7 Tampa Bay 4
Anaheim 3 San Jose 2

Tonight's game

All times Eastern

Winnipeg at Toronto, 7:30 p.m.

Tomorrow's games

Toronto at Boston, 7 p.m.
Washington at Philadelphia, 7 p.m.
Montreal at Pittsburgh, 7 p.m.
Winnipeg at Ottawa, 7:30 p.m.
N.Y. Islanders at Tampa Bay, 7:30 p.m.
Buffalo at Florida, 7:30 p.m.
Chicago at Colorado, 9 p.m.
N.Y. Rangers at Calgary, 9 p.m.
Minnesota at Edmonton, 9:30 p.m.
Nashville at Vancouver, 10 p.m.
Los Angeles at Phoenix, 10 p.m.
Friday's games
San Jose at New Jersey, 7 p.m.
Columbus at Detroit, 7:30 p.m.
Carolina at St. Louis, 8 p.m.
Dallas at Anaheim, 10 p.m.

SCORING LEADERS

	G	A	PT
Kessel, Tor	5	4	9
Tavares, NYI	5	3	8
M.Bergerson, TB	2	6	8
Legwand, Nash	2	6	8
Dean, Phx	3	4	7
Kopitar, LA	3	4	7
Vanek, Buf	3	4	7
Vorsteeg, Fla	3	4	7
D.Sedin, Vcr	2	5	7
H.Sedin, Vcr	2	5	7
Letang, Pgh	1	6	7
Parenteau, NYI	1	6	7
Campbell, Fla	0	7	7
Neal, Pgh	5	1	6
Adam, Buf	3	3	6
Weiss, Fla	3	3	6
P.Kane, Chi	2	4	6
Skinner, Car	2	4	6
Karlsson, Ott	0	6	6
D.Jones, Col	4	1	5
Nugent-Hopkins, Edm	4	1	5
Gioux, Pha	3	2	5
Hejduk, Col	3	2	5
Michalek, Ott	3	2	5
Prosapal, Cb	3	2	5
Steen, STL	3	2	5
Arnott, STL	2	3	5
Lupul, Tor	2	3	5
Nash, Cb	2	3	5
J.Staal, Pgh	2	3	5
J.Williams, LA	2	3	5
Backstrom, Wash	1	4	5
S.Kostitsyn, Nash	1	4	5
Pominville, Buf	1	4	5
Pronger, Pha	1	4	5
Seguin, Bos	1	4	5

Last night's games not included

MONDAY

AVALANCHE 3, LEAFS 2 (OT)

First Period — No Scoring.

Penalties — Lupul Tor (slashing) 4:33, Hejduk Col (hooking) 11:30, Hejduk Col (hooking) 18:07.

Second Period

1. Toronto, Kessel 6, 0:19
2. Colorado, Winnick 2 (O'Reilly, Hejda) 3:31
3. Colorado, Hejduk 3 (Johnson, Stastny) 14:14 (pp)
Penalties — Bozak Tor (interference) 13:34, McLeod Col (hooking) 17:19.

Third Period

4. Toronto, Kulemin 1 (Phaneuf, MacArthur) 15:17

Penalty — O'Byrne Col (cross-checking) 1:43.

Overtime

5. Colorado, Jones 4 (Quincey) 1:11

Penalties — None.

Shots

Colorado 8 9 4 3—24

Toronto 8 9 11 1—29

Goal — Colorado: Giguere (W,2-0-0); Toronto: Reimer (L,3-1-0). **Power plays (goals-chances)** — Colorado: 1-2; Toronto: 0-4.

Attendance — 19,459 (18,819).

JETS 2, PENGUINS 1

First Period

1. Winnipeg, Wellwood 2 (Burmistrov, Antropov) 0:08

2. Winnipeg, Glass 1 (Burmistrov) 18:27

Penalties — Wheeler Wpg (holding) 9:36, Engelland Pgh, Thorburn Wpg (fighting) 14:01.

Second Period

3. Pittsburgh, Michalek 1 (Letang, Cooke) 18:22
Penalties — Hainsey Wpg (tripping) 0:54, Park Pgh (hooking) 9:20, Neal Pgh (slashing) 11:53, Sullivan Pgh (hooking) 19:44.

Third Period

No Scoring.
Penalties — Letang Pgh (boarding) 13:08, Kunitz Pgh, Glass Wpg (roughing), Lovejoy Pgh, Slater Wpg (fighting), Thorburn Wpg (hooking) 16:02, Neal (slashing) 20:00.

Shots

Pittsburgh 7 14 8 —29

Winnipeg 11 11 13 —35

Goal — Pittsburgh: Fleury (L,3-2-0); Winnipeg: Pavelec (W,1-2-0). **Power plays (goals-chances)** — Pittsburgh: 0-3; Winnipeg: 0-4.

Attendance — 15,004 (15,004).

MLB PLAYOFFS

WORLD SERIES

(Best-of-7 series)

ST. LOUIS (N.L.) VS. TEXAS (A.L.)

Tonight's game

All times Eastern

Texas (Wilson 16-7) at St. Louis (Carpenter 11-9), 8:05 p.m.

Tomorrow's game

Texas (Lewis 14-10) at St. Louis (Garcia 13-7), 8:05 p.m.

Saturday's game

St. Louis (Jackson 12-9) at Texas (Holland 16-5), 8:05 p.m.

Sunday's game

St. Louis (Lohse 14-8) at Texas (Harrison 14-9), 8:05 p.m.

Monday, Oct. 24

x-St. Louis at Texas, 8:05 p.m.

Wednesday, Oct. 26

x-Texas at St. Louis, 8:05 p.m.

Thursday, Oct. 27

x-Texas at St. Louis, 8:05 p.m.

x — if necessary.

NFL

AMERICAN CONFERENCE

EAST						
	W	L	T	Pct	PF	PA
New England	5	1	0	.833	185	135
Buffalo	4	2	0	.667	188	147
N.Y. Jets	3	3	0	.500	145	131
Miami	0	5	0	.000	75	128
SOUTH						
	W	L	T	Pct	PF	PA
Tennessee	3	2	0	.600	105	94
Houston	3	3	0	.500	141	124
Jacksonville	1	5	0	.167	72	132
Indianapolis	0	6	0	.000	104	163
NORTH						
	W	L	T	Pct	PF	PA
Baltimore	4	1	0	.800	148	71
Cincinnati	4	2	0	.667	137	111
Pittsburgh	4	2	0	.667	119	102
Cleveland	2	3	0	.400	91	117

WEST

	W	L	T	Pct	PF	PA
San Diego	4	1	0	.800	120	109
Oakland	4	2	0	.667	160	150
Kansas City	2	3	0	.400	77	150
Denver	1	4	0	.200	105	140
NATIONAL CONFERENCE						
EAST						
	W	L	T	Pct	PF	PA
N.Y. Giants	4	2	0	.667	154	147
Washington	3	2	0	.600	96	83
Dallas	2	3	0	.400	115	121
Philadelphia	2	4	0	.333	145	145
SOUTH						
	W	L	T	Pct	PF	PA
Tampa Bay	4	2	0	.667	113	145
New Orleans	4	2	0	.667	177	151
Atlanta	3	3	0	.500	135	147
Carolina	1	5	0	.167	133	163
NORTH						
	W	L	T	Pct	PF	PA
Green Bay	6	0	0	1.000	197	114
Detroit	5	1	0	.833	178	114
Chicago	3	3	0	.500	146	132
Minnesota	1	5	0	.167	121	145
WEST						
	W	L	T	Pct	PF	PA
San Francisco	5	1	0	.833	167	97
Seattle	2	3	0	.400	94	122
Arizona	1	4	0	.200	96	121
St. Louis	0	5	0	.000	49	137

SOUTH						
	W	L	T	Pct	PF	PA
Tampa Bay	4	2	0	.667	113	145
New Orleans	4	2	0	.667	177	151
Atlanta	3	3	0	.500	135	147
Carolina	1	5	0	.167	133	163
NORTH						
	W	L	T	Pct	PF	PA
Green Bay	6	0	0	1.000	197	114
Detroit	5	1	0	.833	178	114
Chicago	3	3	0	.500	146	132
Minnesota	1	5	0	.167	121	145
WEST						
	W	L	T	Pct	PF	PA
San Francisco	5	1	0	.833	167	97
Seattle	2	3	0	.400	94	122
Arizona	1	4	0	.200	96	121
St. Louis	0	5	0	.000	49	137

[illegible]

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RAM

Leaf is no fancy golf cart

► In fact, Nissan's electric offering is quite the car

Let's get one thing straight: the Nissan Leaf electric car is a fine piece of engineering.

It achieves the objectives its planners set out for it, and functions very well as an automobile.

Canadian customers can go online and reserve their Leaf now, starting at \$38,395, with first deliveries scheduled for later this fall.

The larger question is: does the Leaf — does any pure electric car — make any sense?

Or is the entire Leaf program a multi-billion dollar public relations exercise instituted by Nissan to counter the fact that arch-rival Toyota has captured the high ground on hybrids, whose practicality is at least as equally dubious?

The Leaf is built on what Nissan calls a dedicated platform, shared with other electric cars from the Nissan-Renault Alliance, although I'll bet you'd find similarities in some chassis and suspension components to other front-wheel drive Nissan compacts.

Leaf is officially classified as a mid-size car, having total interior space roughly equivalent to Nissan's Altima. It seats four comfortably, five in somewhat of a

Nissan Leaf facts

- **Motor:** 80 KW AC Synchronous electric motor.
- **Power/Torque:** 107 hp/ 207 lbs.-ft.
- **Competition:** Chevrolet Volt, Mitsubishi i-MiEV.
- **What's Best:** Quick acceleration; quiet inside and out; relaxing to drive; feels like a 'real' car, not a glorified golf cart.
- **What's Worst:** Range still not large enough to be practical, at least not as an 'only' car; message centre and Owners Manual together weren't sufficient to diagnose a no-start condition.

pinch.

Power to the AC synchronous electric motor comes from a Lithium-Ion battery pack consisting of 48 four-cell modules nestled under the floor where it takes little space away from passengers and cargo.

Only when the 60/40 split rear seatbacks are folded does the high bulkhead between rear seat and trunk become obtrusive, preventing the loading of bulky objects.

Electric motors generate their maximum torque at zero r.p.m., which means the 107 horsepower 207 lb.-



► The Nissan Leaf is set to arrive in Canada this fall.

ft. unit launches the 1,525 kg Leaf away from rest at a satisfying rate.

Nissan won't quote a 0-100 km/h number, but various Internet sources suggest mid-seven seconds, which is very good.

There is no transmission as such in the Leaf; the motor winds up until it runs out of revs at around 140 km/h. Reverse simply runs the motor backwards.

If you choose the ECO mode, acceleration is considerably more leisurely; the payoff is longer range.

Nissan says Leaf is good for about 160 kilometres of normal driving. Lights, wipers, A/C, etc., will affect this; hard acceleration and high speeds dramatically so. A multi-screen display gives you the distances pos-

sible in either normal or ECO mode. It even draws concentric circles on the standard SatNav map to give you a clear indication of where you are and where you can get to. If you do have to call the Roadside Assistance number to get flat-bedded home, you can't say you weren't warned.

Electric motors are a lot quieter than internal combustion engines. The obvious advantage is a quiet ride; the loudest thing you'll hear apart from the sound system is the engine cooling fans up front.

Driving the Leaf is simplicity itself. Punch the On button, and when you get the green Ready light on the instrument panel, pull the shift lever left and back, hit the gas, and off you go.

A substantial portion of Leaf's braking effect is achieved by electric resistance as opposed to friction — the regenerative brakes convert kinetic energy back into electricity to re-charge the battery.

These are standard fare in electrics and hybrids; the trick usually is massaging brake feel as the system transitions from "regen" to friction and back again. Leaf does this as well — probably better — than any other such system I have tried. As I said at the start, the Leaf functions very well as a car. It fulfills Nissan's promise that it drives like a real car, not a fancy golf cart. It also is very relaxing to drive.

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5

drive

Charging the Leaf

- A so-called "Level 3 DC Fast" installation can get it to 80 per cent charge in about 30 minutes. Problem: there are no Level 3 stations in Canada available to Leaf drivers at the moment, and only 20 in all of the United States.
- The Level 2 system involves fitting a 240 volt charging station into your garage at a cost of around \$3,000. This will fill 'er up in about seven hours — essentially, overnight.
- Finally, a trickle charge from a standard 110 volt outlet will take about 18 hours.

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Chevrolet turned 100 years old in 2011. If it were a human being, it would be plum worn out, and wearing its pants too high.

But it's an automaker, so turning 100 is just a milestone to ponder. And ponder we did, when Chevrolet recently invited us to a Detroit media event designed to showcase the brand's history and future.

Of course the brand's history is rooted in American soil. The first Chevrolet was built in 1911 in a rented garage near downtown Detroit. No one objected back in the 1970s, when

GM ran a patriotic marketing campaign, with a jingle that sang about "baseball, hot dogs, apple pie, and Chevrolet."

The brand's future, however, will be written in places like China, Brazil, Korea, India, Russia, and Uzbekistan. Like all car companies, General Motors knows that future sales growth will be easier to come by in the emerging markets, where people are suddenly able to afford new vehicles, and want them in the worst way. This is contrast to the U.S. and Europe,

mature markets where consumers are already fully "vehicled." Following its much publicized restructuring, GM shrunk to four brands: Cadillac, GMC, Buick, and Chevrolet. Of those, it decreed that Cadillac and Chevrolet would be the "global" brands. As such, Chevrolet, with its more broad-based appeal than Cadillac, will do the lion's share of GM's global agenda. But up until about 2005, every region of the world built and designed their own Chevys. For example, prior to the Cruze,

Chevrolet had three different Chevrolets around the world with Cruze-like dimensions. Now there is just one, the Cruze. GM reckons it's better to have one great vehicle, than three average ones. Another recent move to further global growth, is giving Chevrolet a uniform, clear and identifiable look, wherever it is sold around the world. In this way, Chevrolet vehicles will be more interchangeable between markets. A perfect example is the Chevrolet Orlando; it was conceived by GM's Korean division for

Far East consumption, but GM Canada thought it would be a great fit for Canada, and now it's here.

Always a great fit for Canada is any car with 580 horsepower, like the Camaro LZ1. The convertible version of the LZ1 will debut at the Los Angeles Auto Show next month, but GM allowed scribes attending the Centennial to view the new ragtop where it was created — right in the kitchen of GM Design, the coolest part of the sprawling GM Technical Center in Warren, Michigan.

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\$298	\$1,868	0.9%	3.79%
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2.5X Convenience Package shown



GREAT SAVINGS ON REMAINING 2011 MODELS.



2.5GT model shown

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2.5i Sport Package shown

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Owner

All prices include freight and fees. Excludes HST and licensing.

▲ Ratings of "Good" are the highest rating awarded for 40-mph frontal offset, 31-mph side-impact and 20-mph rear-impact crash tests conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). A "Good" rating obtained in all three crash tests plus a "Good" rating in new roof strength testing and the availability of Electronic Stability Control (ESC) (Vehicle Dynamics Control) achieves a 2011 Top Safety Pick. *Based on 2007/2008 over 2008/2009 over 2009 sales in Canada for Japanese car manufacturers; individual brands/divisions not considered separately. ♦ Based on ALG's 2011 Residual Value Awards for Best Mainstream Brand. (\$2,000/\$2,000/\$7,000/\$2,000 cash rebate offer is for cash purchases only and is available on 2011 Forester (BJ1 X0)/Legacy (BA2 25i)/Tribeca (BS2 XX)/Outback (BD2 CP). Cash rebate offer will be deducted from the negotiated price before taxes and cannot be combined with special finance or lease offers. *Representative lease example based on 2011 Forester 2.5X (BJ1 X0)/Legacy 2.5i (BA2 25i)/Outback 2.5i (BD2 CP): 0.9%/0.5%/1.9% nominal lease rate for 48/39/48 months. 3.79%/4.13%/4.54% effective lease rate for 48/39/48 months. Monthly payment is \$298/\$298/\$359 with \$1,868/\$2,695/\$3,112 down payment. Option to purchase at end of lease is \$11,800/\$12,489/\$12,718. \$0 security deposit plus first month's payment and applicable taxes due at lease signing. **MSRP of \$25,995/\$23,995/\$28,995/\$40,995 on 2011 Forester 2.5X (BJ1 X0)/Legacy 2.5i (BA1 25i)/Outback 2.5i (BD1 CP)/Tribeca (BS2 XX). Advertised pricing consists of MSRP plus charges for Freight/PDI (\$1,525), Air Tax (\$100), Tire Stewardship Levy (\$29.20), OMVIC Fee (\$5), Dealer Admin (\$199). Freight/PDI charge includes a full tank of gas. Taxes, license, registration and insurance are extra. Models shown: 2011 Forester 2.5X Convenience Package (BJ2 CP). MSRP of \$28,095. 2011 Legacy 2.5GT (BA1 GTN). MSRP of \$38,595. 2011 Outback 2.5i Sport Package (BD1 SP). MSRP of \$31,795. Dealers may sell or lease for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Lease based on a maximum of 24,000 km per year, with excess charged at \$0.10/km. Leasing and financing programs available through Subaru Financial Services by TCCL. Other lease and finance rates and terms available; down payment or equivalent trade-in may be required. Vehicles shown solely for purposes of illustration, and may not be equipped exactly as shown. Offers available until October 31, 2011. See Subaru Outaouais for complete program details.

Last-gen Legacy delivered all-weather confidence

SECOND GEAR



JUSTIN PRITCHARD
DRIVE@METRONews.CA

Subaru has recently moved their popular Legacy sport sedan into its fifth generation for the 2010 model year — meaning the fourth-generation car has now transitioned fully into the used car marketplace.

For its last generation, Legacy was available in both sedan and wagon body styles.

Numerous special models were available, and feature content included heated leather seats, automatic climate control, a sunroof, remote access and more.

All-wheel drive was standard on all models.

2005 to 2009 Subaru Legacy



Engine

Available were a 2.5-litre four-cylinder boxer engine with 170 horsepower, a turbocharged version thereof making up to 250 horsepower, and a three-litre flat six.



What owners like

Legacy owners typically rate fuel mileage, handling and dynamics, responsiveness and interior build quality the most highly. All weather confidence thanks to the standard AWD system is also typically raved about, too.



What owners dislike

Legacy owners typically wish for more interior room, a more spacious rear seat, and more performance from the standard engine. Some owners report heavy fuel consumption from the turbocharged engine, too.



Common issues

Look for rust on the used Legacy's trunk lid, and especially the trunk lip. You'll have to open the trunk to see any rust forming here. Have a look under the vehicle for signs of rust or leaky differentials, as well as leaky engine or transmission seals. A squealing or scraping noise from the front of the engine while idling could be caused by a belt-tensioner pulley that's starting to fail.

Verdict

Typically, Subaru drivetrains and powerplants are known to be very solid and reliable if properly maintained. If everything checks out, a well-maintained last-generation Legacy should prove an enjoyable and confidence-inspiring ride for years to come.

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Hôpital Montfort is looking for bilingual nurses and other health professionals to join its dynamic team.
A job fair will be held on October 21 and 22 at the hospital.
For more information, please visit hopitalmontfort.com

Cars & Trucks for Sale

Education



TEACH IN JAPAN
The Japan and Exchange Programme is hiring university graduates to work in Japan.

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Public Auctions

LIQUIDATION SALE

Thursday, October 20, 2011 9:00 a.m. to 8:00 p.m.
Friday, October 21, 2011 9:00 a.m. to 5:00 p.m.
Saturday, October 22, 2011 9:00 a.m. to 2:00 p.m.

Rideau Auctions Inc.
TEMPORARY LOCATION
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SUPER DISCOUNTS UP TO 50% OFF

1000's of Pieces of Ladies/Men's & Children's Clothes:

Purses; jeans; shorts; shoes; capris; t-shirts; sweaters; vests; mitts; jersey dresses; pj's; bras; underwear; coats; jackets; hats; scarves; swimsuits; sleepers; socks; dress shirts; belts

Electronics:

Charger sets; cameras; watches; tvs; dvd recorder; open signs; PSP games

Housewares:

Shower rods; gravy boats; 3 tiered buffet server; paper towel holder; dish sets; glasses; beverage dispenser; travel mugs; steamers; sewing machine; photo frames; curtain rods; roman shades; air conditioner; fans; garbage cans; air fresheners; containers; cutlery; platters; pack sacks; lunch bags; wreaths

Linen:

Rugs; sheet sets; comforters; pillows; towels; face cloths; sleeping bags; blankets; crib sets; curtains

Toys:

Activity cubes; wrestling spin & slam; Disney items; Fisher Price items; stuffed animals; soccer balls; board games; dress up trunks; scooters; piano; bean bag game; trucks

Lighting:

Vanity lights; ceiling fans; lamps; ceiling lights; table lamps; floor lamps

Sporting:

Marine safety kits; camp stove; BBQ covers; portable bbq; bikes; bike trailers; pool startup kits; scooters; roller blades

Furniture:

Benches; Muskoka chairs; couches; deacon benches; 7 piece dining set; chairs; ottomans; showers; lawn chairs; 3 pc bistro set; fridge

Beauty Supplies:

Cosmetic bags; shampoo; conditioner; bar soap; hair accessories; nail accessories; make-up; razors; sunglasses; reading glasses; baby wipes; jewellery boxes; facial wipes

Misc. Items:

Rain barrel; watering timers; snow brushes; clean up kits; fishing stuff; motorcycle covers; floor registers; windshield wipers; portable seats; tiles; coolers

Misc. Food Items

GO GREEN – BRING YOUR OWN BAGS

Plus many more items too numerous to mention
Terms: Cash; Interac; Mastercard; Visa

UPCOMING AUCTIONS

November 10, 11 & 12 – Liquidation Sale – 301 Van Buren St, Kemptville
November 12 – 9:00 a.m. – Xmas Auction – Winchester

www.rideauauctions.com

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PERSONALS

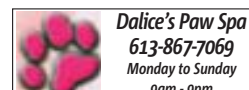
Personals

LET'S TALK MAN-TO-MAN

If you're a man who's had sex with a man we want to hear what's on your mind. Be part of our confidential survey and help us build a healthy community. Call us toll-free: 1-855-378-MALE (6253)
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Child Care

Learn N' Play home daycare currently has **2 spots** opening Nov. 6th, 2011.
Hours are 8am to 5pm 5 days a week.
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To enroll your child or for further information please contact:
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Registrations
Teams, Events, Classes

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Starting Wed Oct 26 7-9pm
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Readings 613-709-0172 Healings

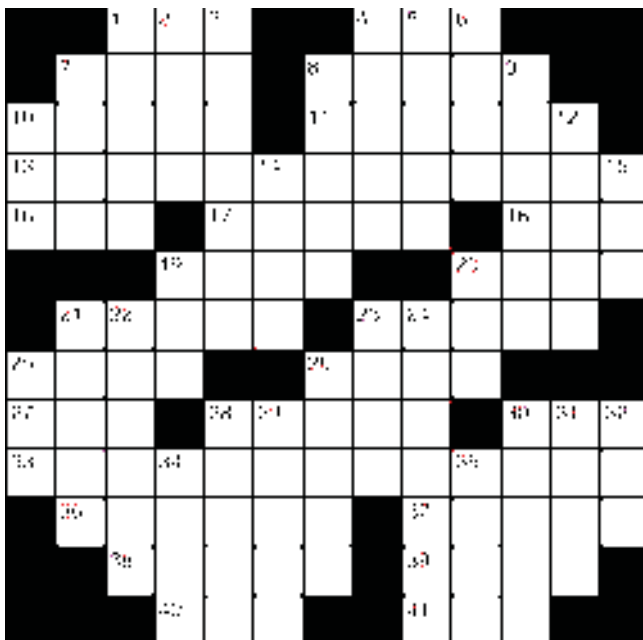
Crossword

Across

- 1 Creche trio
- 5 Antiquated
- 8 Pulsate
- 12 Right angles
- 13 Kids' pie filling?
- 14 Eastern potentate
- 15 Go sightseeing
- 16 Pose
- 18 Embassy employee
- 20 Actress Spacek
- 21 Historic period
- 22 Conclusion
- 23 Without pizzazz
- 26 Try
- 30 Born
- 31 Playwright Levin
- 32 — constrictor
- 33 Lure
- 36 Choir rendition
- 38 "Hail!"
- 39 Total
- 40 Ecu
- 43 "Way to go!"
- 47 Lawyer
- 49 Anger
- 50 Humdinger
- 51 Web address
- 52 Up to
- 53 Scottish garment
- 54 Sock part
- 55 "That's one small — ..."

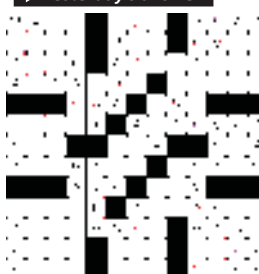
Down

- 1 Transcending (Pref.)
- 2 Oodles
- 3 Excessive supply
- 4 Where Tel Aviv is
- 5 Nebraska city
- 6 Minstrel's instrument
- 7 Banned pesticide



- 8 Happen as if by fate
- 9 Flightless flock
- 10 Lends a hand
- 11 Deuce defeater
- 17 "— It Romantic?"
- 19 Weep
- 22 Greek H
- 23 "CSI" evidence
- 24 Pensioned (Abbr.)
- 25 Nevertheless
- 26 Illustrations
- 27 Degree for a CEO
- 28 D.C. figure
- 29 53-Across wearer's hat
- 31 Lemieux milieu
- 34 Spicy stew
- 35 Maintain
- 36 Deposit
- 37 Intellect
- 39 Fashion
- 40 Abruptly refuse
- 41 Needle case
- 42 "— be OK"
- 43 Re planes and such
- 44 Fisherman's enticement
- 45 Look lasciviously
- 46 Shrill bark
- 48 Eccentric

► Yesterday's answer



Today's horoscope

♈ Aries March 21-April 20 You must be honest about what you can do today, even if it means you have to disappoint someone.

♉ Taurus April 21-May 21 You need to patch things up with someone you have been having an on-off argument with for weeks.

♊ Gemini May 22-June 21 It's as if you're walking around with a force field that repels negative vibrations. Let positive people in.

♋ Cancer June 22-July 22 You may not be a typical tough guy, but you know how to get things done while others are panicking. Do it.

♌ Leo July 23-Aug. 23 Your powers of imagination are high at the moment, as is your sensitivity to other people's needs.

♍ Virgo Aug. 24-Sept. 22 You'll charm your way out of a tough spot but it won't solve the issue that got you there in the first place.

♎ Libra Sept. 23-Oct. 23 If you go out of your way to help someone in need today, he or she will do you a good deed in return.

♏ Scorpio Oct. 24-Nov. 22 You seem a lot more laid back these days. Venus moves through your birth sign, offering perspective.

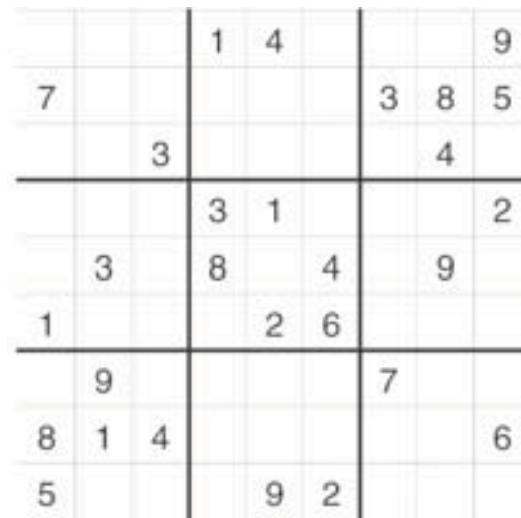
♐ Sagittarius Nov. 23-Dec. 21 You will have to choose between making your own life more enjoyable or helping someone.

♑ Capricorn Dec. 22-Jan. 20 You will see the good in every person you meet today, and it will make your world better place.

♒ Aquarius Jan. 21-Feb. 18 You'll be in demand so much today that you'll need to turn down more invitations than you accept.

♓ Pisces Feb. 19-March 20. If you are involved in anything of a creative nature, it is sure to go well. **SALLY BROMPTON**

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

2	8	7	3	6	5	1	4	9
4	3	1	8	9	2	6	5	7
6	5	9	4	7	1	2	8	3
1	6	5	7	8	4	9	3	2
9	4	8	2	3	6	7	1	5
3	7	2	5	1	9	4	6	8
5	1	4	9	2	3	8	7	6
7	2	6	1	5	8	3	9	4
8	9	3	6	4	7	5	2	1

Today

12°/7°
 Showers
 60%

Thursday

15°/4°
 Rain
 90%

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Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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